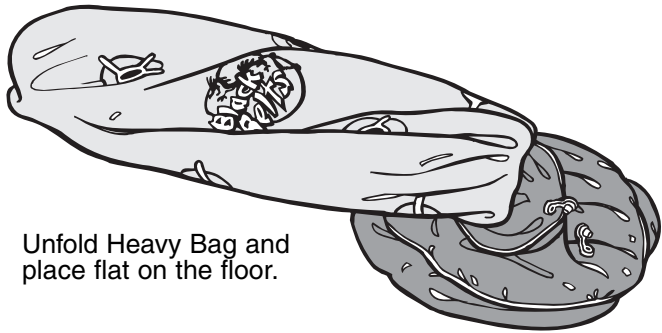
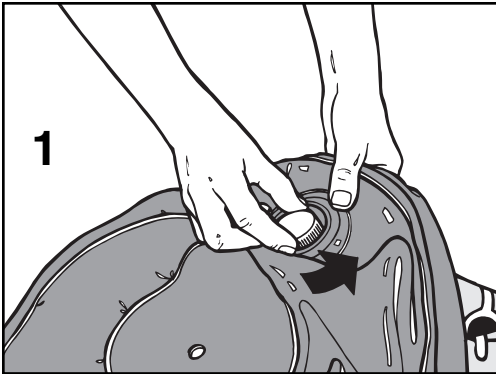


**FILL INSTRUCTIONS**  
**NOTE: ADULT ASSISTANCE REQUIRED**



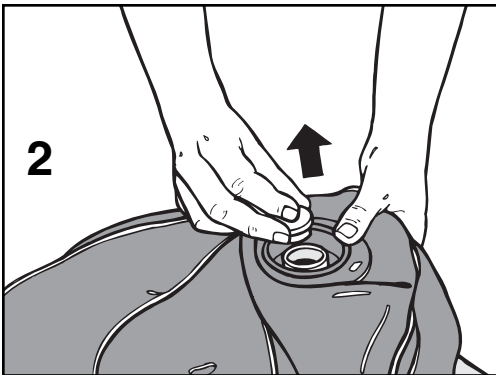
Unfold Heavy Bag and place flat on the floor.

**ADD WATER TO LOWER BASE**



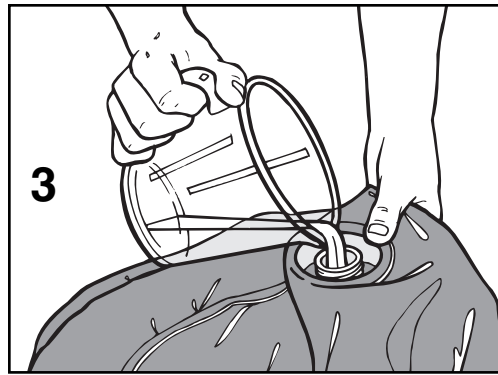
1

Locate base filler area and remove the filler cap.



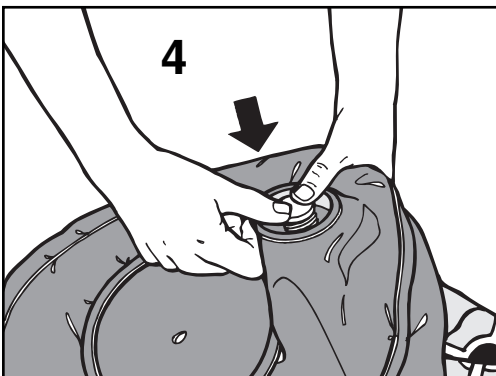
2

Remove filler plug.



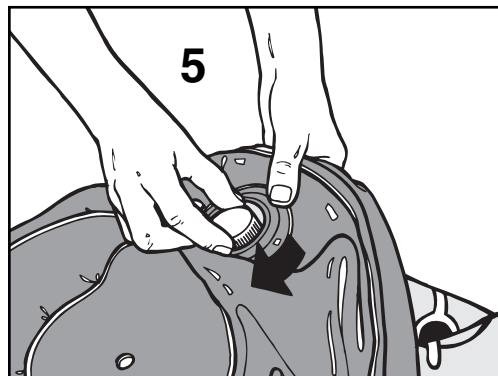
3

Add water to base, being careful not to over fill it.



4

Add filler plug.  
NOTE: Bag should be inflated to its fullest potential.

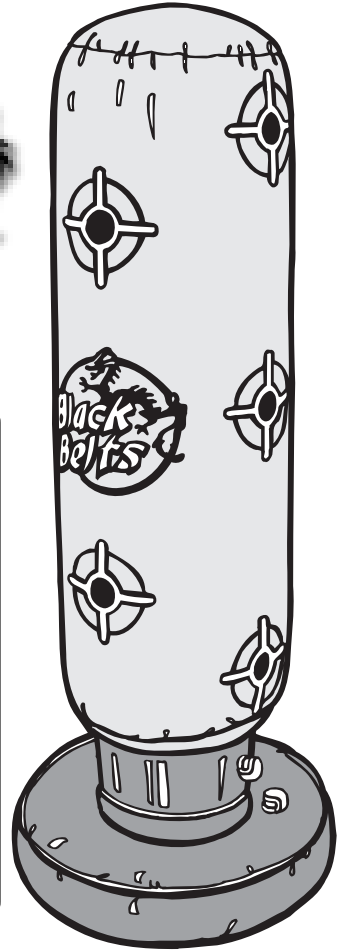


5

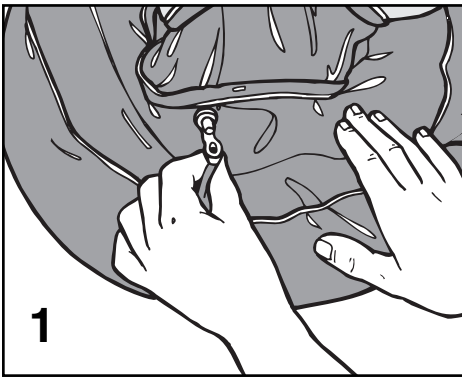
Reinstall filler cap.



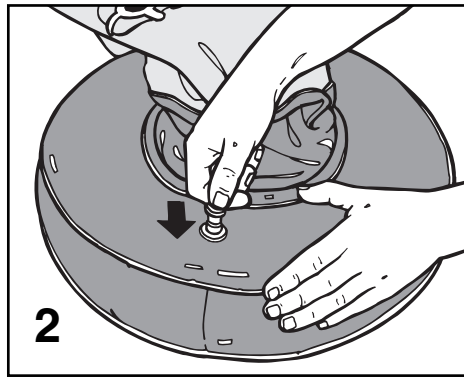
• *The Black Belts™ Heavy Bag takes all the kicks and punches that you can dish out and bounces back for more!*



## ADD AIR TO UPPER BASE

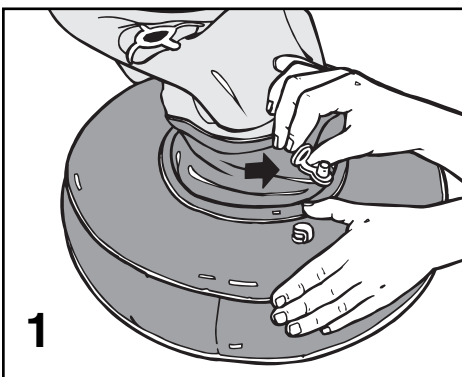


Locate and open air nozzle on top of base.  
Pinch base of nozzle to allow air to enter.

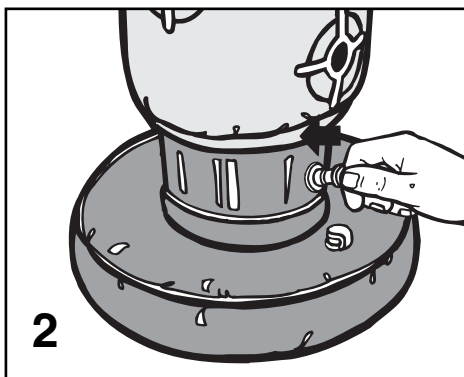


Fill top of base with air and then replace the air nozzle cap.

## ADD AIR TO UPPER PUNCH/KICK BAG



Locate and open air nozzle on upper punch/kick bag.  
Pinch base of nozzle to allow air to enter.



Fill upper kick/punch bag with air and then replace the air nozzle cap.

## TROUBLESHOOTING

<p>If Heavy Bag will not fill up.</p>	<p>– Check to ensure that you are pinching the Air Nozzle firmly. You should be able to hear the air inflating the bag and see the bag increase in size as air is added.</p> <p>– If air is entering bag and Heavy Bag still does not fill up, check to ensure that there is no hole in the bag. This can be checked by immersing the bag in water and seeing if air bubbles are exiting the bag from any point. If so, holes can be repaired by covering them with duct tape.</p>
<p>If Heavy Bag falls over and stays down.</p>	<p>– Check base of Heavy Bag to ensure that no water is leaking from the bottom. A properly filled Heavy Bag should return upright when punched.</p>
<p>If Heavy Bag deflates.</p>	<p>– Check to ensure that there is no hole in the bag. This can be checked by immersing bag in water and seeing if air bubbles are exiting the bag from any point. If so, holes can be repaired by covering them with duct tape.</p>

NOTE: Weight of water should be 12 lbs.

## ⚠ WARNING:

**Some segments of the exercise or movements can be strenuous to some individuals. It is important to ensure your child does not have any medical or physical conditions that would cause illness or injury. When in doubt please consult a physician.**

• **ADULT SUPERVISION REQUIRED.** Children should only attempt moves shown in the video within their limitations and capabilities and it is required that any jumps or extreme movements be monitored or assisted.

- The mat supplied with the product should be set up on a non-slip surface. Where used on smooth surfaces such as wood or ceramic, a non-slip liner or two sided tape is recommended to be placed beneath the mat.
- The mat should be set up in open spaces free of clutter, far away from walls, tables, chairs, etc. as many of the karate moves involve balance and jumping.

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